

14th JANUARY - 29th MARCH 2008



THE STAND

**COMMUNITY DANCE PROGRAMME
FOR PRE 5S, YOUTH & ADULTS OF ALL AGES AND ABILITIES**

WELCOME

Happy New Year!
The STAND, in partnership with Dance House, is kicking off 2008 with a glittering array of fabulous new dance classes for all those bitten by Strictly Come Dancing fever and aiming to fulfil some New Year's Resolutions. All the favourites are back joined by Ballroom Basics and hot Latin moves and we even have a class for babies and toddlers.

get into the lime light! Places are limited - please contact Right Track on 0141 952 9409 for more information.

BASIC BALLROOM

with Agnieszka Klechowicz

8.15 - 9.15pm

Agnieszka has just arrived from Las Vegas, where she taught Ballroom and Salsa full-time for Miami Rhythm Dance Studio. In this course she will introduce you to the basics of the most versatile of the ballroom dances, so before long you will be able to glide effortlessly across any dance floor! From the more formal Foxtrot to the seductive Rumba you will learn how to move around the dance floor with ease with this step-by-step guide through the basics of the Waltz, Quickstep, Foxtrot, Cha-Cha, Samba and Rumba.

MONDAYS

URBAN CONTEMPORARY

With Charlotte Jarvis

11 - 15 years. 3.45 - 4.45pm

A great introduction to contemporary moves for all budding young dancers, focusing on co-ordination and style! By building strength and technique participants can start picking up the dance skills necessary to audition for PROJECTOR. A great class to hone your dance style!

You will need bare feet & comfy clothes

PROJECTOR YOUTH DANCE

16 - 21 years. 6.00 - 8.00pm

This performance group will develop your skills in contemporary techniques, improvisation and choreography. Directed by the Right Track Project's Dance Mentor Rowan Gillespie, this weekly class will offer opportunities to perform



TUESDAYS

BALLET FOR ADULTS

with Rodolfo Rivas Franco

5.15 to 6.15pm

This class promotes flexibility and strength, while also introducing the basics of ballet technique, alignment and lightness. Rodolfo will teach a basic barre structure to allow technique and core improvement, followed by a more 'danceable centre' to improve co-ordination and provide an enjoyable challenge. You will need ballet shoes or the class can be done in bare feet.

SALSA IMPROVERS

with Rodolfo Rivas Franco

6.30 - 7.30pm

For those dancers who have completed one of our beginners courses this class will really get those hips moving. Improve your technique and learn new moves and turns! No need for a partner. You will need soft soled shoes.

LATIN FLAVA

with Rodolfo Rivas Franco

7.45 - 8.45pm

Easy to learn yet physically intense, this dance is accompanied by the infectious energy of Brazilian beats, Latin rap, Salsa and Afro-Caribbean rhythms. Be ready to sweat and have some fun! You will need comfy clothes and soft shoes.

WEDNESDAYS

SALSA BEGINNERS

with Rodolfo Rivas Franco

5.45 - 6.45pm

Latin American social dance has become a popular world-wide craze. Have fun learning some slinky moves with our resident Colombian-born instructor. No need for a partner. You will need soft soled shoes.

HIP HOP

with William McAslan

7.00 - 8.00pm

Have you got funk? Want to find out? Then come take part in William's creative hip hop dance classes, where you'll get some great exercise, find some good energy and bust some moves! All ages welcome - don't be shy, just give it a try! You will need trainers.



THURSDAYS

STRETCH, DANCE & TONE for Adults

with Camille Monson

09.00-10.00am

Stretch, Dance and Tone! A wonderful morning class to get you dancing your way to flexibility and strength whilst learning contemporary moves. This is a general level class for all ages and a positive way to start your day.

BOOGIE BABIES

with Camille Monson

10.00 - 10.45am

This Parent & Toddler class is a creative dance session, using movement, story telling and games. These fun, energetic sessions are devised to promote increased co-ordination, movement skills and imaginative play in your child. Children will be in bare feet and comfy clothes are needed. Adults are expected to join in the fun too!

MINI MOVERS

for 3 to 5 year olds with Camille Monson

12.30 to 13.15pm

Camille will teach a creative, dynamic dance and movement class that allows the inner spirit of the child to shine. The children will learn a wonderful movement vocabulary and technique from various styles. They will be able to demonstrate age appropriate movements and create a wonderful foundation for further dance training while having loads of fun. You will need bare feet, & comfortable clothes. Adults can either join in the fun or take time out for themselves.

YOGA

with Michelle Fitzpatrick

5.15 - 6.15pm

Yoga creates a balance between mind, body and soul and improves your flexibility, posture and body strength. No matter how busy our lives we need to take time out and focus on ourselves. This class will make you feel relaxed yet empowered, and by continuing the practice will lead to a healthier mind and body. Mats are provided and the class is done in barefeet.

TANGO

with Rumbos de Tango, Louise & Willie Green

6.20 - 7.20pm

This course will cover the basics of the passionate Argentine Tango, in a relaxed and fun environment, so that before long you will be able to navigate the dance floor with ease. You will need leather or smooth-soled shoes.



FRIDAYS

CREATIVE INTEGRATED DANCE SESSION

with William McAslan

10.30 - 11.30am

This class offers a fantastic opportunity for disabled and able adults to dance together, exploring movement and dance through music. William will help you discover your own unique dance style enhancing your abilities created by disability. This class is for adults with disabilities, their carers and will offer a safe space for you to dance and to have fun. You will need comfy clothing.

CAPOIERA

with Fiaz & Anastasia Tariq

3.45 - 5.15pm

Capoeira is an Afro-Brazilian martial art involving fighting moves, acrobatics, music and dance. They come together to form a unique practice that will give you strength, co-ordination and balance, with a fluidity of movement that in itself is a magical art.. Energetic and fun, this appeals to all ages.

BREAK DANCE

with Chris Maule - The Flyin Jalapenos

5.30 - 6.30pm

Learn the cool, fun art of break dance with The Flyin Jalapenos b-boy crew. You will learn the foundation moves of b-boying, locking and popping as well as some more advanced moves throughout the 10 week course. The Flyin Jalapenos have been teaching for over 5 years throughout Scotland and beyond, and have attended workshops with some of the worlds best b-boys in recent years. Classes are open to all levels as we will make sure everyone knows the basics as these are the building blocks to becoming a b-boy or b-girl!



SATURDAYS

INDEPEN-DANCE

11.00am - 12.00pm

Indepen-dance specialises in dance development and performance for young people with disabilities, their families and their carers. These classes are offered free of charge and are an amazing way to bring your child out of themselves, finding movement and expression never explored before. A truly magical class for all involved.

FLAMENCO

with Linda Skakel

12.15 - 1.15pm

This course offers an introduction to basic Flamenco techniques, Compas (intricate rhythmic patterns) and traditional choreographies at the heart of authentic Flamenco. Develop stamina, posture and co-ordination through exercises in percussive footwork, Palmas (hand-clapping) and the fluid arm & body movements fundamental to this amazing art. Shoes with a small block heel are suggested.

Please note due to the holiday weekend, no classes will be held on Friday 21, Saturday 22 and Monday 24 March.

Still only £2.50 per class or save up to £5.50 when block booking. Please contact Amanda Munro, Studio Facilitator at The STAND for further information or to book your class. 0141 952 5253

SALSA SOCIAL SPECIAL EVENT

Friday 29th February 8.30pm

Leap Year Latin! An opportunity for all Salsa enthusiasts to show off your moves..an evening get together - bring your partners and all those who are interested in trying it for themselves...!!

DANCE LEADERSHIP AWARD: EASTER WEEK INTENSIVE

Monday 7th - Friday 11th April. For all ages 14+

An opportunity for young adults to develop a basic knowledge in dance as well as the skills required to lead dance workshops of their own. These classes will require commitment and motivation but will benefit participants in terms of health and employability. This is a certificated course awarded to successful dancers by Sports Leaders UK. Places are limited so hurry and contact the Right Track Project on 0141 952 9409 to book your place

SCOTTISH DANCE THEATRE RESIDENCY

We are delighted to welcome Scottish Dance Theatre's Education Team to lead 3 special training sessions at The STAND. Free workshops in Continuing Professional Development for West Dunbartonshire Teachers will be held on Tuesday 26 and Wednesday 27 February. On Monday 25 February we are lucky to have them leading a masterclass with PROJECTOR. For further details and more information please contact sdt@dundeereptheatre.co.uk

Right Track Project

Right Track is a pilot project run by West Dunbartonshire Council, Arts and Education Links Programme that explores accreditation, training and skills development in dance and music.

If you have a passion for performing, want to get yourself an award or are interested in learning about stage production, we want to hear from you. This project is aimed at young people between the age of 14 and 21.

For more information please contact Joy McCaughran, Project Co-ordinator (Right Track Project) on 0141 952 9409 or email:

joy.mccaughran@west-dunbarton.gov.uk

www.right-trackproject.co.uk

PROJECTOR Youth Dance

We would be delighted to hear from 16 to 21 year olds interested in joining the company. The company will be given the opportunity to work alongside specialist choreographers as well as perform on the local, national and international stage.

For further information about the auditions and the forthcoming workshop and performance programme, please contact **Rowan Gillespie, Dance Mentor on 0141 952 9409.**



MONDAY

Urban Dance:	3.45 - 4.45pm
PROJECTOR:	6.00 - 8.00pm
Ballroom Basics:	8.15 - 9.15pm

TUESDAY

Ballet for Adults:	5.15 - 6.15pm
Salsa Improvers:	6.30 - 7.30pm
Latin Flava:	7.45 - 8.45pm

WEDNESDAY

Salsa Beginners:	5.45 - 6.45pm
Hip Hop:	7.00 - 8.00pm

THURSDAY

Stretch, Dance & Tone	9.00 - 10.00am
Boogie Babies	10.00 - 10.45am
Mini Movers	12.30 - 1.15pm
Yoga	5.15 - 6.15pm
Tango	6.20 - 7.20pm

FRIDAY

Creative	10.30 - 11.30am
Integrated Dance	3.45 - 5.15pm
Capoeira	5.30 - 6.30pm
Break Dance	

SATURDAY

Independance	11.00 - 12.00pm
Flamenco	12.15 - 1.15pm

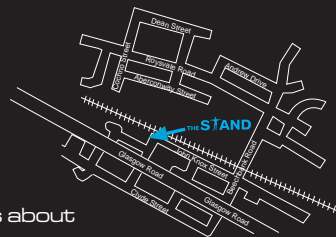
Let The Stand

The STAND is a great space into which you can programme your own dance activities. For further information on letting opportunities please contact 0141 952 5253.

Finding THE STAND

The STAND, St Andrew's High School,
North Douglas St, Clydebank G81 1NQ
Tel/Fax: 0141 952 5253
www.creativelinkswdc.org.uk/thestand

The studio is on bus route numbers 11, 62 and 66 and is about 10 minutes walk from Clydebank train station.



arts & education
links programme



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